Solving the Puzzle of Moving More
Crossword Puzzle Answers

Congratulations for participating in Solving the Puzzle of Moving More. **If you successfully completed the crossword puzzle award yourself 10 bonus points.** Don't forget to record your bonus points on your log sheet.

Crossword Puzzle:

	1 B										
	U		2 W							3 S	
	4 D	I	A	R	Y					H	
	D		L							O	
	Y		K		5 C	A	L	O	6 R	I	E	S
			I						E		S	
	7 F	U	N		8 D		9 H		S			
			10 G	U	I	D	E	L	I	N	E	11 S
					A		A		S			T
					B		R		T			R
					E		T		A			E
	12 H	E	A	R	T		R		N			T
					E		A		C			C
13 S	T	A	I	R	S		T		E			H
							E		B			
					14 B				A			
			15 S	W	I	M	16 M	I	N	G		
					K		O		D			
					I		R		S			
					N		E					
			17 Y	O	G	A						

Crossword Puzzle Clues:

Across:

4. Track your physical activity with one of these
5. Sodas and fruit drinks are packed with these
7. Physical activity can be _____
10. 2008 Physical Activity _____ for Americans
12. Aerobic activity benefits this muscle
13. Take these instead of an elevator
15. Activity performed in the water
17. Increases flexibility

Down

1. A person who will exercise with you
2. Aerobic activity you can do anytime and anywhere
3. Should fit properly to prevent injury
6. Used to strengthen muscles
8. Physical activity decreases the risk of this
9. Increases during aerobic physical activity
11. Part of Week Three theme
14. An aerobic activity, alternative to driving
16. Enjoy _____ fruits and vegetables

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NCPH North Carolina Public Health Working for a healthier and safer North Carolina Everywhere. Everyday. Everybody.

Eat Smart Move More NORTH CAROLINA™